



# Pinellas Traditions Intergroup Newsletter

Volume 11 - Issue 5

May 2016

## Our Trusted Servants

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Visit us online at [oapinellas.org](http://oapinellas.org)

### Monthly Intergroup:

Pinellas Traditions Intergroup (PTI) meets every third Friday of the month. EVERYONE is welcome to attend. The next meeting will be held:

**May 20, 2016 at 6:30 p.m.**

Morton Plant Hospital  
1st Floor – Tuttle D Auditorium  
300 Pinellas St. / Off Harrison  
Clearwater, FL 33756

To receive monthly copies, or contribute to the Newsletter, please email the editor at [newsletter@oapinellas.org](mailto:newsletter@oapinellas.org). Contributions must be received by the first Friday of the month.

## Step 5

Admitted to God, to ourselves, and to another person the exact nature of our wrongs.

# INTEGRITY

*"Nothing in us can be changed until we first accept it. Step five, by helping us to know and accept ourselves, makes it possible for us to change and recover."* -12 & 12 of OA, page 48

Admitting the truth about myself requires honesty, the courage to tell the truth, and the willingness to accept it. Sometimes it seems like it is more than I can bear, but the only way to get it over with quickly is to go through it.

If I do not accept that I am sick, then I am not likely to seek any kind of medical treatment. If I am not willing to take my medicine, then it is unlikely that I will change and eventually get better. It comes down to how much I am willing to pay. If my time, money, and energy are not worth much, then I am not likely to pay the price. If living in recovery, enjoying life, and reaping the benefits are my primary concerns, then I am willing to pay the price and grow from that opportunity.

-Voices of Recovery, page 122

*"My life consists of single moments. I occupy them one at a time, savoring the fullness of each, and find there is no room for fear."*

-For Today, page 293

## Tradition 5

Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

# PURPOSE

*But for the Grace of God*

## Concept 5

Individuals have the right of appeal and petition in order to ensure that opinions and personal grievances will be carefully considered.

# CONSIDERATION

**Professional Outreach Committee - Brainstorming Session - May 4, 2016**

Our goal is not to do enough individually, but to get others to do something, about spreading the OA message / program of recovery to those who still suffer. How do we get a foot in the door with the medical profession, doctors, practitioners, and medical school-get cook book approach / DNA approach. If something has worked previously, share blueprint with others, via website, on line, workshops, regions, etc.

Partner up peer/pair bond sponsor and sponsee do it together outreach to their doctor, that is go with sick member to doctor appointment and talk about OA. Connect with nursing students outreach to schools and go up the nurse student chain to trainers / teachers.

Carry the message individually to all your treating providers/barrier is that no matter how successful we feel with our experience, it does not come naturally to all to discuss freely with their doctors....We already have the provider packet/ease of finding this information on line for members to carry the message. Mike had a folder and Agnes talked about the Ambassador packets/orient website for ease of reaching pertinent materials for professional outreach.

Workshops should be developed around the PO service. Make PO part of sponsorship training and literature materials. Improved visibility in Medical and Health Fairs is needed.

Bariatric doctors, despite being for profit, require patient weight loss before and support after, and OA is a tie in/they have nutritional team members for before and after weight loss support/ also bariatric doctors are part of do no harm policy of doctors, so they should be open to OA success connection and info.

Post our information on what's new/on the website/visibility and promotion/Post new information there yearly.

Letting our doctors know what has worked for us is consistent with attraction not promotion. We are sharing our experience and we can break our own anonymity by letting our doctor know what worked for us. We are free to out ourselves without breaking anonymity.

Talking to doctors about patients having difficulty with patients not following nutritional orders/we offer what has worked. Go in with "Let me tell you what worked for me."

HMO prepaid care. Motivation of the system is to keep people as well as possible. Do no harm. Churches also should be our partners. Target them to carry our pictures on the phone speak a thousand words, before and after pictures.

**SUMMARY OF MOST PRACTICAL APPROACHES TO FOCUS ON**

1. Make resources readily available online under what's new — email blasts
2. Role play skits to empower members
3. Introduce OA to Health care Fairs..resources for support..are you battling your head about your patients not losing weight, this might work/no money to pay for booths at fairs/wait till 6 weeks and it is cheaper....Ask for charity / non profit rate.
4. One on one mobilization and empowerment of members to talk to their doctors about OA during visits/take packets to facilitate discussion
5. Do the same to dieticians and nutritionists..promote it as open week meetings for .bring your care provider to meeting week
6. Topic in OA meeting workshops

**Courier Publication - Presentation by Kevin M.**

October 7 is deadline to submit articles to periodical editor for publication by Jan, 1 2017 and inclusion in the WSO Professional Presentation Folders and for sale in the on line bookstore. The articles come from non-member treating professionals regarding how OA complements their professional practice.

The Production Schedule for 2017 Courier handout was handed out. It addresses production schedule, author and content guidelines, distribution plan, professionals we want to reach. The courier is translated to Spanish.

If the courier as a tool is to continue to exist, how do we use it to support our goal of spreading the message? How do we distribute it?

\*We need to obtain the articles.

\*We need to make the publication visible on line.

\*What resources do we have?

**Focus Points**

What's New 6x yearly referring to resources for Intergroups and members to get message to professionals ...

1. Role play of carrying message to your doctor or professional practitioner – Tammy will head subcommittee to finalize script for inclusion in the next "What's New" to empower members link directly to Forum options as a resource on line. (PSA tagged on to email blasts/ email sign-ups for Step Ahead ). (1<sup>st</sup>) Marge Paulina and Barbara will help.
2. Barbara and Paulina will head the Sponsor Sponsee Buddy up option to go on the What's Newrole play. (5<sup>th</sup>)
3. Robbie will head the inclusion of "How to use the Professional Outreach Manual" as a What's New item. Everything old is new again (2<sup>nd</sup>)
4. The Professional Packet inclusion by Elena (3<sup>rd</sup>)
5. The workshop and pocket guide will be addressed by Pat (4<sup>th</sup>)
6. The Courier 2017 Floating Bob L will do (6<sup>th</sup>)

PO Email group for committee members use to share resources. Bob S. will dig down into the website to find out how easy it is for members and professionals to get PO information and make recommendations for reorganization to make this information more visible and easier to navigate to. Kevin and Faith will assist Bob S. Mike will be responsible for procuring the submissions for the Courier publication. Sue will help Mike.

**Election**

Alaina will be co-chair.

Tammy will be vice chair.

Agnes will be secretary.

**Empowering Members**

Bob L will organize how to approach a medical school step by step guide / power point presentation of PO information.

Kevin, Alaina and Sue agreed to try and obtain articles for the Courier.

**Timelines**

July 23, 2016 is deadline for PO Committee quarterly report to Board of Trustees. Other deadlines are:

October 1, 2016

Mid January

Mid March

Bob L. will have his "How To Document" ready for submission by October 1.

Kevin wants the promised articles by October 7.

Blessings and Gratitude In "Carrying The Message"

Jason J. - PTI WSBC Delegate



Hello, it's Monday from Ed's OA mini-blog.

Weather today in Pinellas: Rain maybe, high 89.

Step 5: Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.

Not easy discussing my character defects with another person. First of all, where will I find someone with that much time on their hands? Okay, it will have to be my sponsor. Most of this got covered reviewing Step 4. Lot of this stuff is old news--old tapes--no big surprises--except to me.

I had to pull down the fake-truths in my life. Having not good feelings towards segments of humanity, resentment towards ANY perceived authority, and hidden feelings about my own relationship. Have to rebuild my life with others on the basis of honesty and truth.

Become a person I respect.

I actually don't mind my ego being deflated, this is so necessary to my continued abstinence. I've heard about people who choose to 'confess' only to God alone. Okay, good for them, but this time I'm going to follow the rules.

Being brought up in a Catholic family, I never bought into that confession process with a live clergyman. Partly because of my resentment towards authority figures, and too high and mighty to give it up. This is NOT the same thing. This is where my healing begins.

I'm not asking for absolution here. I'm facing my demons in the hope of changing behaviors going forward and cleansing my soul. I'd like 'you' to meet 'me' for the very first time.

They tell me the 5th Step is the key to freedom. They tell me just talking about it all doesn't make it go away.

We have to continue with the amends process to make it right. I'm gonna do it. Nothing goes away until it has taught us what we need to know.

Peace and Love,  
Ed

PS - Some folks find OA Workshops about Steps 4 and 5 very helpful. Good to check out all possible resources.

### Pinellas Traditions Intergroup Treasurer's Report - April 2016

*The following is all financial information for income and expenses for Pinellas Traditions Intergroup. Please note that some substantial issued drafts have not cleared PTI's account as of yet so, please know our balances will be reduced in next monthly business report.*

**Available PTI assets as of today:**

<b>Business Checking Wells Fargo (please see above note)</b>	<b>\$4,580.71</b>
<b>Business Savings (Prudent Reserve)</b>	<u><b>3,025.00</b></u>
<b>Total Assets Including Prudent Reserves (Savings Acct)</b>	<b>\$7,605.71</b>

**Income/Credits from meeting 7th Tradition Donations:**

Monday 10:15 a.m.	Just For Today	46182	\$ 70.00
Monday 7:00 p.m.	Search Out Serenity	01530	50.00
Tuesday 7:00 p.m.	Relapse Windmoor	46184	100.00
Weds 12:30 p.m.	Metro Msg Carriers	52863	25.00
Thurs 10:30 a.m.	Hope Aldersgate	53015	40.00
Friday 11:00 a.m.	OA Amigos Metro	53104	50.00
Friday 6:00 p.m.	Nitty Gritty BB Mtg.	49602	11.00
Friday 6:30 p.m.	Pinellas Traditions	09412	23.00
Sat 10:30 a.m.	Pasco Pioneers	17950	<u>12.00</u>
<b>Total Meeting 7th Tradition</b>			<b>\$ 381.00</b>

**Additional Income/Credits**

"How It Works" Workshop (JC)	<u>\$ 77.00</u>
<b>Total Combined Income For April 2016</b>	<b>\$ 458.00</b>

**Expenses/Debits For April 2016**

World Service 7th Tradition Donation 12/15-4/16	\$ 925.78
30 percent of all meeting donations	(3,085.93)
Region 8 7th Tradition Donation 10%	216.00
SOAR8 July 2016 Convention Funding (additional)	1,535.00
Fri 6:00 p.m. Back To Basics Meeting (SEED MONEY)	50.00
Web Hosting Fees and 40.00 additional per PTI to webmaster	75.79
PIPO Committee Expenses (Cynthia)	407.99
Additional SOAR8 Rep Expenses - ATL (Ruby)	<u>224.50</u>

**Total Expenses for April 2016** **\$ 3,435.06**

Thank you so much for the opportunity to serve PTI as treasurer. Please remember that my term will end June 1<sup>st</sup> 2016. Please do not send any donations to me after 5/18/16. I have thoroughly enjoyed this humble service to help "carry the message". GOD BLESS!

### Pinellas Traditions Intergroup - 7th Tradition

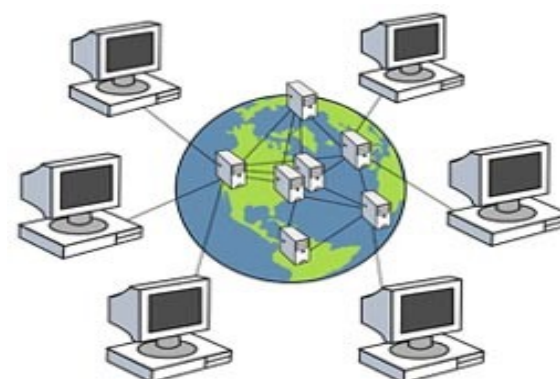
The 7th Tradition states, "Every OA group ought to be fully self supporting, declining outside contributions."

Available online, local OA groups and members can now send a contribution using a secure site via PTI's PayPal page. Please click the button located below or visit our website at <http://oapinellas.org/donations.html> to send in a donation today.

Your generosity is greatly appreciated!!!



Have you checked out OA WSO's new website? Change is good!



<http://www.oa.org>



### YMCA HEALTHY KID CAMP - APRIL 30TH

Camp was 10-1pm and because it was a Camp, our table had a duct tape bracelet craft and Michelle brought cut out shapes to allow small kids to fill bags to take home. Also had display sign and meeting lists and youth oriented literature. Attendance was constant and kids were seeking us with the attached sheet to be checked off in order to earn a tee shirt. Of course parents were there and we had about 15 conversations when adults inquired about our fellowship. Teachers, parents, Sat gym attendees saw us right outside the exercise rooms. Well worth attending but we did not have adequate coverage because it was fast paced and kids took much time and attention.

Thank you,  
Cynthia  
PIPO Outreach Committee



### Do You Just Belong?

Are you an active member,  
The kind that would be missed,  
Or are you just contented  
That your name is on "The List?"  
Do you attend the meetings  
And mingle with the crowd,  
Or do you stay home  
And crab both long and loud?  
Do you take an active part,  
To help the group along,  
Or are you satisfied to be  
The kind to "just belong?"  
Do you ever call  
A member who is sick,  
Or leave the work for just a few  
And talk about the "clique?"  
There is quite a program scheduled  
That means success, if done,  
And it can be accomplished  
With the help of everyone.  
The meetings regularly,  
And help with hand and heart,  
Don't be just a member,  
But take an active part.  
Think this over, Member,  
Are we right or wrong?  
Are you an Active Member?  
Or do YOU "Just Belong?"

-Author Unknown

## ⚠ ATTENTION ⚠

There is an ongoing issue with the Yahoo email addresses and the PTI mailing list. Anyone on our PTI mail list group with a Yahoo email address may not be receiving any emails that are sent out by the Pinellas Traditions Intergroup.

Many of the Yahoo email addresses are being returned and not being delivered due to Yahoo email policies regarding emails received from "listserv" mail lists.

If you use a Yahoo email account, it is to your advantage to do one of the following solutions:

1. Send us a new email address to be updated on our mailing list. <OR>
2. Add the mailing list's email address to your Yahoo's contacts. This is the ONLY way that the emails from PTI will reach your Yahoo Inbox. If you wish to add the email address to your contacts it is as follows: [allpti@oapinellas.org](mailto:allpti@oapinellas.org)

Hopefully, you understand our dilemma. Thank you for letting us serve you.

Joan R.  
PTI Chair

## OA WORD SEARCH



ANONYMITY	T	G	J	S	G	E	X	W	S	L	R	V	O	R	L
HIGHER POWER	R	K	N	A	P	J	R	G	R	E	J	N	L	E	E
LET GO LET GOD	A	F	Y	I	S	O	N	U	V	I	E	Y	T	J	C
LITERATURE	D	R	D	E	T	I	N	O	T	D	T	G	K	O	I
MEETINGS	I	U	O	R	T	A	T	S	A	A	O	I	W	A	V
ONE DAY AT A TIME	T	T	T	E	A	I	E	Y	O	L	R	O	N	J	R
PLAN OF EATING	I	H	E	O	N	V	A	F	E	R	D	E	S	G	E
SERVICE	O	M	I	R	J	T	Z	T	O	S	S	V	T	X	S
SPONSORSHIP	N	U	U	K	A	S	G	G	V	N	I	H	A	I	R
STEPS	S	T	D	T	D	O	X	M	L	X	A	I	I	Y	L
TELEPHONE	A	Q	I	E	D	E	C	I	Q	I	G	L	J	P	P
TRADITIONS	K	M	A	N	O	N	Y	M	I	T	Y	Z	P	K	D
TURN IT OVER	E	H	J	R	E	W	O	P	R	E	H	G	I	H	N
WRITING	Y	T	E	L	E	P	H	O	N	E	K	K	E	X	C
	S	P	E	T	S	Y	E	O	O	U	F	W	N	J	K

# PTI Meeting Minutes - 3/18/16 - 6:30PM

Does everyone agree to the agenda?

1. Any additions?
  - Website
  - New meeting in Largo flyer
  - PTI may need to file Taxes?
1. Open with the Serenity Prayer.
2. This is a spiritual program so let's remember to keep principles before personalities, please.
3. Introductions & Reps from what meeting: Joan R, Jim, Jason, Tiffany, Ruby, Jessica, Donna D, Lynn E, Cynthia, Chrissy, Mary T, Kim, Pat G., Julie O, Tracy
4. Anyone new to Intergroup today? Yes Tracey. The introduction to PTI was handed out.
5. Read 3<sup>rd</sup> Step, 3<sup>rd</sup> Tradition and 3<sup>rd</sup> Concept
6. Approval of Secretaries January Minutes, - approved
7. Presentation of Treasurer's report - approved
8. Assets total \$10,035.55. additional income closed meeting, valentine's day, sponsorship workshop (346.85) 2000.00 moved SOAR 8 account as seed money.
9. Pass the 7<sup>th</sup> tradition
10. Committee Break – 8 minutes
11. Committee Reports .....

**Ways and Means** - Fundraisers= New makeup being sold, Wash cloths, threads of a friendship" spool of thread and a poem

**PIPO** – Public events Awakening to Wellness, excellent turn out, March 22 SPC Career Day Health Education school, April 16 PIPO Workshop Pin Park Library (newcomers table, carry the message pocket card, on how to approach someone, speaker, public event there will be no charge) outreach Medical group in St. Pete invited OA to speak at any of their Diabetes talks (to physicians), Psychology Today allows emails to medical professionals, treatment centers

**IGOR** sent newsletters to SOAR 8 intergroups

**Bylaws** – Julie and Ruby are working on separating Bylaws (rules) and Policy Procedures (how to do things ) will add the logo requirements for website, does not mean every flyer needs the logo

**TSW** – How it works workshop went well (donations of 77\$) April 9<sup>th</sup> Donna Celebrates 36 years abstinence and 75 Birthday, April 16 Spam a lot Demen's Landing, Phil will work with the Men's Meeting about a workshop in May. Asking everyone to ask people in their meetings what they want for a workshop? What will they come to?

## OLD BUSINESS:

1. Treasury position will be available in End of May.
2. SOAR 8 July Convention – Receipts needed for reimbursements – budgets done- Drop off boutique items noon-4pm Thursday- meeting Board at 5 OA meeting at the Dolphin Board room at 7:30
3. Florida State Convention Report Result & Won bid & Program (better than Boutique) – Joan started the program = Feb 24-26th 2017, Feb 23-35<sup>th</sup> 2018. Two year commitment. Ruby called for new ideas for topics(Principles of the concepts, lifestyles, youth interested, dating, going back to school) Theme will be decided by FSC committee. Asking for ideas for a Theme. "Together we can, Beyond our wildest Dreams Be abstinent and Serene in 2017" Ruby is the FSC chair. Great success hugger's and greeter's did well. Thank you volunteers. Thank you to Joan and Ruby for getting the bid. We are in Tampa as it was a good price, we won the bid. Held at Holiday Inn on North Westshore, Tampa
4. Ruby's mentor add-ons – Tabled
5. Any other old business? No

## NEW BUSINESS:

- Bylaws - Separated the Bylaws and Procedures
- Suggestions for change will be shared by email for everyone to read, consider and give feedback and return next week
- Suggestions were read and will be emailed.
- PO Box – We pay around 84\$ per year, Linda H has the key, motion to stop having a PO Box, discussion, we will need to update our address with World service, will the chair and future chairs be ok with having their personal home address posted publicly on website, less than 7 \$ a Mont, instead of closing the use of PO Box. We do receive money from meetings via this PO Box . Treasurer will not pay the invoice at this time as the matter has not been decided. Joan will email Linda and more investigation. Motion is tabled.
- Eventbrite for SOAR 8 July - approved.
- Intergroup Inventory – Tabled until after SOAR 8, it was emailed out on the SOAR 8 TSW committee.
- Any announcements for the good of OA?
- Any other new business?
- Chair asked Treasurer about contribution to the hospital. It has not been paid in the last year. Suggestion to make an amount. Sunday night meeting pays \$15 meeting \$200 a year? Audit states at least 4 years or more shows no record of payment. Jason will research and item is tabled.
- Website – Webmaster suggested revamping the PTI website. Has been the same for 7 years. The internet now typically allows ease in seeing on mobile devices. Joan said yes to webmaster. We have never paid our webmaster. We do pay for a website hosting fee, but not the labor as a webmaster, Tampa intergroup used to \$40 per month. SOAR8 pays \$100. Motion to pay \$40 starting in April 2016 for service as webmaster.
- Taxes – After receiving the letter to PTI stating the intergroup has touch money in the account and needs to be careful because of the IRS. JC sought information on if we need to file taxes. and found that AA Pinellas Intergroup, SOAR 8 Regions, COLA OA intergroup all file taxes. We do not know if there is a cost? Motion made to get more info and JC nominated to lead research.
- New meeting in Largo states closes with Lord's Prayer. OA suggests not closing with Lord's that info was sent to the person who started that meeting. Cannot publish that in announcement.

## THINGS TO TAKE BACK TO MEETINGS:

1. Lifeline / PayPal.
2. Please remember to support struggling meetings: Thurs Night, Palm Harbor, Saturday 12 noon men's meeting
3. Please remember to invite everyone to Intergroup.
4. Ask for help for our SOAR8 Convention next July. PTI will be collecting: Two literature from each meeting and any donations, good boutique items, nice silent auction items, coffee, regular & decaf, regular & decaf tea, water, baskets with literature from all meetings, hangers. Please let us know what you will be donating. Send email to [SOAR8convention2016@oapinellas.org](mailto:SOAR8convention2016@oapinellas.org).
5. Drop off at Dolphin Resort on Thursday from Noon- 4PM.



## Abstinence in Action “Adventure” Fellowship

### 2016 -

May 2nd-7th	WSBC – “Responsibility: To Carry the Message”	Albuquerque, NM
May 14th	“Principle of Integrity” Workshop	Clearwater
June 11th	“Action Plan” Workshop / Co-Hosted by PTI & Suncoast	Tampa
July 8th	Friday Intergroup Meeting <i>(Date Change)</i>	Clearwater
July 14th	SOAR8 Assembly - Drop Off Boutique Items	St. Pete Beach
July 15th-17th	SOAR8 Assembly - "Diving Into The Steps"	St. Pete Beach
Sept 1st-4th	World Service Convention	Boston, MA
Nov 13th	Christmas Under the Oaks (Coachman Park)	Clearwater
Nov 18th-20th	OA Retreat at the Franciscan Center	Tampa

### 2017 -

Feb 24th-26th	Florida State Convention	Tampa
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For more information and flyers, PTI's Calendar of Events may be viewed online - <http://www.oapinellas.org/events.htm>

**Looking for a sponsor???** There are some people out there that are willing to sponsor by phone and/or email.

**By Phone:** Julie O. 727-784-7958; Sandy 727-846-2100; Lynn E. 901-830-1092; Pat Mc 727-581-8201; Linda Mc 727-804-4610; Claudia 727-781-7411.

**By Email:** Sandy - utopiarevisit@yahoo.com; Julie O. - julianeob@yahoo.com; Linda Mc - lindaproductions@aol.com; Carol - carolsch@ptd.net;

**Do you know one of the easiest way to get OA information?** In your email’s Inbox ... Just send your email address to [newsletter@oapinellas.org](mailto:newsletter@oapinellas.org) and you will be added to our mailing list to receive information about what is going on in OA. You will also receive the monthly newsletter, as well. If you are receiving the monthly newsletter now, you are already on the list, so you don’t need to do anything. The list is private, which means it will not show your email address once you have been added to the mail list. So, if you’re interested, please send us your address ASAP!

**NEW OA MEETING** in Holiday (Pasco County) on Tuesday nights at 7PM. “The Mile Stretch Meeting” will gather at the St. Vincent de Paul Catholic Church, 4843 Mile Stretch Rd., Holiday, FL. For more information, please contact Chris at (727) 688-9823.

**Send donations to PTI online on our very own webpage!!! \$\$\$** Please visit our donation page at <http://oapinellas.org/donations.html>

You can now donate to Pinellas Traditions Intergroup online via PayPal or donate at your meeting's 7th tradition when they pass a basket. What a convenience!!!

**SOAR8 News ... On July 14, 2016 ...** Dolphin Beach Resort, 4900 Gulf Blvd., St. Pete Beach, FL

You will be able to drop off Boutique and Hospitality items from Noon - 4 PM on Thursday the day before the convention begins. People will be there.

How many times have I heard from dually addicted members in my OA meetings how the alcoholic doesn’t have to have alcohol at all, nicotine same thing, drugs the same, but OA’s have to eat and therefore impossible or nearly so. Eating is not a curse in my life. I get to eat and, hello, I love to eat. I **get** to eat healthy food and get a healthier body instead of eating sugar to keep me sober. As I stay abstinent another plus is that my recovery shows and I can enjoy physical proof of my time by gaining or losing weight dependent upon what kind of eating problem I have. Compulsive overeating is probably my favorite addiction. LOL -Donna D.

**Back to Basics • Traditional OA • “Back in The Day OA”**

- Do you miss hearing “How It Works” read at a meeting?
- Do you miss hearing people’s stories who have years of back-to-back abstinence?

Then Come Join Us at:

**Back to Basics Meeting**  
**Friday Night @ 6:00 PM**  
**Beginning March 4, 2016**

**Prince of Peace Lutheran Church**  
**455 Missouri Ave.**  
**Largo, Florida 33771**  
**Contact Person: Felice (727)400-6523**


**OA Workshop**

Step 5: “Principle of Integrity”

**WHEN:** May 14th  
**TIME:** 1:30 - 3:00 PM  
**WHERE:** Friendship United Methodist Church  
 2039 Druid Rd. E.  
 Clearwater, FL

The Clearwater Men’s OA Meeting is hosting a workshop on **Step 5** and the principle of integrity We will have three speakers sharing how integrity is critical for recovery (physical, emotional & spiritual) from the disease of compulsive eating and food addition.

- A \$5.00 donation is suggested
- Water will be provided
- Everyone (men and women) is welcome!!!



For more info, please call Phil L. (727) 754-0131

**FELLOWSHIP EVENT**

OA “Action Plan” Workshop

**WHEN:** June 11th  
**TIME:** 1:00 - 3:00 PM  
**WHERE:** Turning Point of Tampa  
 Marge Porter Resource Center  
 6311 Sheldon Rd.  
 Tampa, FL

**No food or drink allowed in building ...**

- Drawing for a Basket
- Learn about the Tool of an Action Plan!!!  
*(Maybe even find an action buddy)*
- Please bring donations of clothes and accessories for July SOAR 8 convention boutique
- Donations for Intergroups accepted to help carry the message are welcome

For more information, please contact Andrea (813) 368-6607 or JC (813)240-8572

If interested in meeting for lunch and fellowship at 11:30, please call Andrea (813) 368-6607

**NO ONE WILL BE TURNED AWAY**

# Upcoming Events

## WORLD SERVICE BUSINESS CONFERENCE

Theme: "Responsibility - To Carry the Message"



**May 2 - 7, 2016**

Embassy Suites Albuquerque Hotel and Spa  
1000 Woodward Place NE  
Albuquerque, NM 87102  
Phone: (505)245-7100ht

## OA Workshop – Step 5

### "Principle of Integrity"

The Clearwater Men's OA Meeting is hosting a workshop on Step 5 and the principle of integrity

We will have three speakers sharing how integrity is critical for recovery (physical, emotional & spiritual) from the disease of compulsive eating and food addiction

**Saturday May 14<sup>th</sup> @ 1:30 PM to 3:00 PM**

Friendship United Methodist Church  
2039 Druid Rd. E. Clearwater, FL 33764

Suggested Donation: \$5 or more

Contact Phil L. 727-754-0131

Water will be provided

Men and Women – ALL are WELCOME!!!



**CO-HOSTING**

## OA "ACTION PLAN" WORKSHOP

**June 11, 2016**  
**1:00 – 3:00 PM**

Turning Point of Tampa  
Marge Porter Resource Center  
6311 Sheldon Road  
Tampa, FL 33615

No food or drink allowed in building ...

Drawing for a Basket

Learn about the Tool of an Action Plan!!!

Maybe even find an action buddy ...

**Please bring donations of clothes and accessories for July SOAR 8 convention boutique**

Donations for Intergroups accepted to help carry the message are welcome

For more information, please contact  
Andrea (813) 368-6607 or JC (813)240-8572

If interested in meeting for lunch and fellowship at 11:30, please call Andrea (813) 368-6607

**NO ONE WILL BE TURNED AWAY**



Presents

## DIVING into THE STEPS

**July 15th-17th**

Dolphin Beach Resort  
4900 Gulf Boulevard



For more information, contact:  
Committee Chairperson - Joan R.  
Email: SOAR8convention2016@oapinellas.org  
Phone: (727) 785-9208

[CLICK HERE](#) to register online now!!!



[CLICK HERE](#) for more information and registration form.

## Save the Date!!!

November 18th-



**6th Annual**  
**OA Spiritual Retreat**

[CLICK HERE](#) for more information and registration form.

More information on all of these events may be found on our website at <http://oapinellas.org>



# PINELLAS COUNTY MEETING LIST

May 2016

DAY	TIME	MEETING NAME	MEETING TYPE / NOTES	LOCATION	CONTACT
Mon	10:15 AM OA#46182	Just For Today	1-Step/ 2-Lifeline/ 3-Lit/4-BB/5-Speaker	Lutheran Church of the Resurrection 1555 Windmill Pt Rd., Palm Harbor	Mary Ellen 781-2597 Joan 785-9208
Mon	12:00 PM OA#48303	Voices of Recovery (Candlelight Meeting)	Voices of Recovery Discussion	Unity of St. Petersburg 6168 First Ave. N, St. Pete	Ann G. (212) 399-7099
Mon	7:00 PM OA#47788	Focus on Abstinence	Speaker Meeting Speaker Abstinent 90+ Days	Friendship United Methodist Church 2039 E. Druid St., Clearwater <i>(Between Belcher &amp; Hercules)</i>	Mary 595-6644
Mon	7:00 PM OA#01530	Search Out Serenity "SOS"	Leader / Discussion Jackson Street entrance	St. Anthony's Hospital, Classroom B 1200 7th Ave. N., St. Petersburg <i>(Jackson Street entrance)</i>	Cynthia (561) 254-3642
Tues	7:00 PM OA#53878	Back to Basics	Discussion ★	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Jim F. (949) 463-0837
Tues	7:00 PM OA#46184	R E L A P S E – Prevention & Recovery	Abstinence no matter what!	Windmoor Health Care of Clearwater 11300 U.S. 19 North, Clearwater	Linda Mc 804-4610 Donna D. 480-0865
Tues	7:00 PM OA#54346	The Mile Stretch Meeting	Literature Meeting	St. Vincent de Paul Catholic Church 4843 Mile Stretch Rd., Holiday	Chris (727) 688-9823
Wed	12:30 PM OA#52863	Message Carriers		Metro Center 3251 Third Ave. N., St. Petersburg	Ellen L. 381-8043
Wed	6:45 PM OA#10359	Madeira Beach Beach Bunch	Open Discussion	<i>On the beach in front of the snack shack</i> 15100 Gulf Blvd., Madeira Beach <i>(Bring chair)</i>	Linda H. 647-8280 Donna D. 480-0865
Wed	7:00 PM OA#Pending	Terra Nova	12 & 12 Study	Terra Nova 7550 40th St. N., Pinellas Park	Cynthia (561) 254-3642
Thur	10:30 AM OA#53015	Hope	All Literature	Aldersgate Methodist Church 9501 Starkey Rd., Seminole <i>(Back of church near the office)</i>	Lynn E. (901) 830-1092
Thur	11:00 AM OA#40873	Key to Freedom	Literature Meeting	First Presbyterian Church 455 Scotland St., Dunedin <i>(Downtown Dunedin)</i>	Tamar 796-5878 Laurie 517-4137
Thur	5:30 PM OA#49784	Steps to Freedom	Focusing on Recovery ★ through the Steps and Traditions - 90 Days	St. Cecelia's Church, Room A 820 Jasmine Way, Clearwater	Mary Mc 319-4321
Thur	7:00 PM ← OA#46183	<b>NEW Meeting Time!!!</b> First Fellowship	1-Step/ 2-Speaker/ 3-Lit/4-BB/5-Lifeline	Palm Harbor Presbyterian Church 2021 Nebraska Ave., Palm Harbor	Beth P. (813) 486-9324
Fri	11:00 AM OA#53104	OA Amigos <b>NEEDS SUPPORT</b>	English & Spanish Literature	Metro Center 3251 Third Ave. N., St. Petersburg	Margie C. 828-9711
Fri	6:00 PM OA#49602	Nitty Gritty	Big Book	Unity of St. Petersburg 6168 First Ave. N, St. Pete	Tiffany 452-4061
Fri	6:00 PM OA#Pending	Back in the Day OA	Speaker / Literature	Prince of Peace Lutheran Church 455 Missouri Ave., Largo	Felice 400-6523
Fri	6:30 PM OA#09412	Pinellas Tradition Intergroup Meeting	Third Friday Only All OA's welcome	Morton Plant Hospital, 1st Floor Tuttle D Auditorium, Clearwater	Joan R 785-9208
Sat	9:30 AM OA#36776	Great Reality	Beginners	Pinellas Park Public Library 7770 52nd St. N., Pinellas Park	Donna D. 480-0865
Sat	10:00 AM OA#45426	First Fellowship	Step/Tradition Meeting	Palm Harbor Presbyterian Church 2021 Nebraska Ave., Palm Harbor	Pat 784-3375
Sat	10:30 AM OA#27235	Saturday Serenity	Big Book	First Lutheran Church 1644 Nursery Rd, Clearwater	Betsey 466-9277 Judy 442-9234
Sat	10:30 AM OA#17950	Pasco Pioneers	PASCO COUNTY This meeting now affiliated with our Intergroup	Unity of Port Richey 5844 Pine Hill Rd., Port Richey	Betty N. (727) 505-4562
Sat	12:00 PM OA#52497	Clearwater Men's <b>NEEDS SUPPORT</b>	Men's Meeting	Friendship United Methodist Church 2039 E. Druid St., Clearwater <i>(Between Belcher &amp; Hercules)</i>	Joel M. (703) 609-5110
Sun	6:00 PM OA#32923	Clearwater Oasis <b>NEEDS SUPPORT</b>	Big Book (90 day) ★	Morton Plant Hospital, 1st Floor Tuttle A Auditorium, Clearwater	Cora (813) 956-4642
Sun	6:30 PM OA#49012	Beginner's Meeting Step Study	Beginners/Step Study	Gulfport Neighborhood Center 1617 49th St. S., Gulfport	Ann K. 251-0133

**PLEASE NOTE:** All meetings are open meetings unless indicated otherwise. ★ Closed Meeting - OA members only!

**If this is your first time attending a meeting listed, please be sure to call to clarify directions and meeting specifics.**

Pinellas Traditions Intergroup meets the 3<sup>rd</sup> Friday of each month: 6:30PM - Morton Plant Hospital, 1<sup>st</sup> Floor – Tuttle Auditorium

OA World Service Telephone: 505-891-2664 Website: <http://www.oa.org> To find telephone or online meetings, please go to:

<http://www.oa.org/membersgroups/find-a-meeting> Pinellas website-oapinellas.org

Hotline #'s – Hillsborough & Pinellas: (813) 254-4190